Eifel Times

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Airman Emily Moore

COMUSAFE visit

Gen. Tom Hobbins, commander U.S. Air Forces in Europe, and USAFE Command Chief Master Sgt. Gary Coleman, ask questions about the LEAN Initiative to Senior Master Sgt. Wayne Stephens, 52nd Component Maintenance Squadron and Ed Ramsey, General Electric field representative, Feb. 24 at the jet propulsion workshop. The LEAN Initiative is a system developed to streamline the work process and do things smarter. View more photos from the visit on Page 4.

Annual awards ceremony highlights elite Sabers

Compiled from staff reports; photos by 52nd Communications Squadron

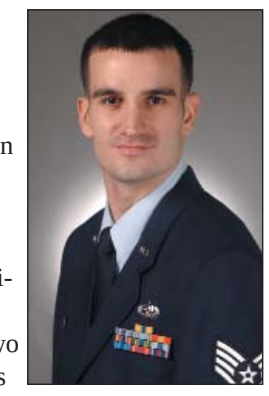
The 52nd Fighter Wing celebrated Saber excellence and recognized the best of the best at one of the wing's most prestigious ceremonies of the year Saturday in Club Eifel. By the end of the evening, base officials named eight wing members as Team Eifel's outstanding Airmen, and 13 others as the best in special recognition categories.

The wing winners for 2005 are:

Airman 1st Class Dallas Smith

Airman 1st Class Dallas Smith, 606th Air Control Squadron, is the Wing Airman of the Year. This computer, networking, cryptographic and telephone systems journeyman flawlessly performed more than 80 tactical command and control operations module system initializations, supporting 95 wing missions. He also performed 70 hours of preventive maintenance on the unit's operations modules, preserving $24 million of C2 equipment. Airman Smith maintained a 4.0 GPA in seven college-level courses and is a few credits shy of a Community College of the Air Force degree. This above-and-beyond Airman was handpicked as a member of the U.S. Air Forces in Europe Saber Team. He devoted 95 off-duty hours to train for the USAFE commander's change of command and the Air Force Chief of Staff's visit to USAFE.

Staff Sgt. Mark Lebedzinski, 606th ACS, is the Wing Noncommissioned Officer of the Year. The computer, networking, cryptographic and telephone systems craftsman is credited by his peers for his outstanding performance as crew chief. Sergeant Lebedzinski created the wing's first tactical network for an air picture to the Command Post. During the year, he maintained a vital $8 million tactical operations module and rapidly troubleshot and repaired a tape drive unit, saving $37,000 in replacement costs. Sergeant Lebedzinski earned the John Levitow and William Pitsenbarger Leadership awards in his Pitsenbarger Airman Leadership School class. Off duty, when he was not working to complete his CCAF degree in Electronic Systems Technology, this honor guard member was teaching Civil Air Patrol teens military drill, leadership and bearing. Sergeant Lebedzinski also organized two trips to Landstuhl, delivering Christmas packages to 200 wounded troops.



Staff Sgt. Mark Lebedzinski

Master Sgt. Sheldon Sukut, 606th ACS, is the Wing Senior NCO of the Year. The ground radio communications craftsman is praised for orchestrating a series of exercises for the build up to a NATO evaluation. The NATO assessment was the first successful one in 14 years. He was the site chief for seven of the unit's nine exercises. He created and executed a plan for the placement of $100 million equipment and 180 personnel. Sergeant Sukut also acquired the use of a military urban training area to hone his unit's combat skills and convoy training for Operation Enduring Freedom deployments. He scheduled and managed the successful convoy movement for 55 prime movers and 37 tows on a more than 800 mile round trip.

See **AWARDS,** Page 2

News Briefs

USAFEs Annual Awards Banquet

RAMSTEIN AIR BASE, Germany (USAFENS) -- Tickets for the U.S. Air Forces in Europe Annual Awards Banquet are available for purchase now through March 16.

The USAFE Annual Awards Banquet will be at 6 p.m. March 24 at the Ramstein Air Base Officers Club. Ticket prices are $27 for club members and $30 for nonmembers. Ticket prices for the vegetarian option are $21.50 for club members and $24.50 for nonmembers.

The USAFE Annual Awards Banquet honors the command's outstanding Airmen and civilians competing in the categories of Airmen, Noncommissioned Officer, Senior NCO, Company Grade Officer, First Sergeant, and Civilian -- Categories I and II. USAFE leaders will announce the winners from each category during the event.

For more information or to purchase tickets, contact the wing command chief master sergeants or organization first sergeants. Civilians and military members of all ranks are welcome to attend.

Major's promotion list

The following individuals were selected for promotion to major. **Kevin Boblet**, 81st Fighter Squadron; **Bryan Carlson**, 23rd Fighter Squadron; **Michael Edwards**, 52nd Operations Group; **James Gump**, 23rd FS; **Raymond Handrich**, 52nd Aircraft Maintenance Squadron; **Benjamin Hollo**, 22nd FS; **Jason Long**, 701st Munitions Support Squadron, Kleine Brogel Air Base, Belgium; **Gabriel Lopez**, 52nd Logistics Readiness Squadron; **David Rayman**, inbound; **Jonathan Royer**, 701st MUNSS; **Jamy Sirmans**, 702nd Munitions Support Squadron, Buechel Air Base, Germany; **Stephen Sztan**, 81st FS; **Ted Wahoske**, 52nd Comptroller Squadron; **Paul Waite**, 52nd Civil Engineer Squadron; **Darren Willis**, 22nd FS; **Michael Zuhlsdorf**, 52nd CES

AFN sun outages

AFN viewers and listeners may experience brief programming interruptions now through March 12 as the spring "sun outage" period occurs. This is due to a complete loss of signal for as much as several minutes when the sun's position aligns with broadcast satellites and Earth-station receivers. The outages will be most severe Saturday through Thursday.

Toll free number to get home

The command post now has a toll free number, 0800-GET-HOME (438-4663). Sabers who need help or do not have money for a pay phone can use the number. For details, visit any first sergeant.

Million-word milestone

Take a page out of these talented students' books.

Read "Student bookworms earn spots on SMS Reading Wall of Fame," on Page 4.

RESCON Watch

CHARLIE

3 DUIs in the Last 30 Days

Days since last DUI: 6

Rank of last DUI: senior airman

Squadron of last DUI: 52nd AMXS

Large unit with best record: 52nd Communications Squadron, 419 days
Small units with best record: 52nd Medical Support Squadron, 52nd Dental Squadron and 52nd Contracting Squadron: No DUIs

Data Courtesy of the 52nd SFS

When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.

Awards

Continued from Page 1

Master Sgt. Sheldon Sukut

While deployed, Sergeant Sukut became the first graduate of the inaugural 14-hour Balad Air Base Leadership Development Course. Off duty, he led a 34-man volunteer team in dorm improvement projects, building volleyball courts and horseshoe pits. He also managed 30 volunteers for the Spring Bazaar, helping raise $100,000 to support base activities. He serves as the elected parliamentarian for the wing Top 3.

Master Sgt. Christopher Miller, 52nd Equipment Maintenance Squadron, is the Wing First Sergeant of the Year. The senior NCO recalled and processed 507 members in less than five hours for a no-notice, squadron-wide urinalysis, enforcing the zero tolerance policy. This professional furnished time-critical guidance by co-authoring a Sexual Assault Response Action Plan. He is lauded for overseeing 40 Unfavorable Information Files, 20 Article 15s and nine separations. He is praised for rescuing an Airman's career with a last-chance probation and rehabilitation program. Sergeant Miller is pursuing a bachelor's degree in human resource management and is only one course shy of a CCAF. Off duty, he served as the wing's Top 3 leader and supports the Team Eifel Town Patrol.

Master Sgt. Christopher Miller

1st Lt. Brian Cooper, 52nd EMS, is the Wing Company Grade Officer of the Year. While the maintenance flight commander served as the assistant Officer In Charge for the 22nd Aircraft Maintenance Unit for the 52nd Aircraft Maintenance Squadron, he led more than 70 Airmen and five F-16s for a no-notice AEF tasking to Zokniai Air Base, Siauliai, Lithuania. He was the number one choice to lead the first U.S. unit to support NATO Operation Constant Effort, an operation that provided 24-hour coverage over the Baltic States. The team was 100 percent alert ready for 91 days and had zero mishaps. He is also lauded for his work as the project officer and deployed maintenance officer for 40 Airmen and five aircraft for an exercise at Royal Air Force Lakenheath, England. They performed 32 sorties in 37 hours. Lieutenant Cooper completed his master's degree in business administration with a 3.5 GPA. Off duty, he serves as the wing Honor Guard commander. He commanded 38 ceremonial guardsmen through more than 110 local area and off-site events. He also developed and trained the wing's first Saber Drill Team. Lieutenant Cooper also served as vice president for the wing company grade officers council.

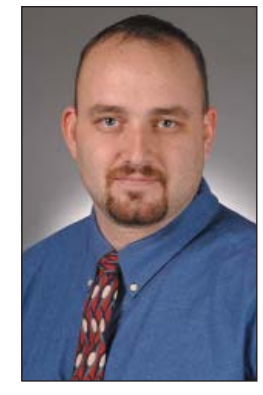
1st Lt. Brian Cooper

Heather Hughes

Heather Hughes, 52nd Medical Operations Squadron, is the Wing Junior-Level Civilian of the Year. The secretary to the commander is lauded number one out of 332 wing junior-level civilians. She championed squadron recognition programs and proofread 24 award packages, helping the squadron win nine USAFE-level awards. She instructed more than 50 Airmen on the squadron Customer College program. This allowed a 98-percent Department of Defense satisfaction rate, the second best in USAFE. Ms. Hughes is credited with organizing and coordinating the first 52nd MDOS Strategic Plan Day. Ms. Hughes devoted 34 hours to the wing Tax Shelter, where she prepared 41 returns. She completed 24 credits toward her bachelor's degree in business and accounting.

Maria Checkley

Maria Checkley, 52nd Maintenance Operations Squadron, is the Wing Mid-Level Civilian of the Year. The training technician is credited with developing a USAFE Status of Training worksheet that links unit data to a final product. The new process cut the previous process from three days to three hours, saving more than 69 man hours. She led 33 instructor assists to USAFE and to Pacific Air Forces, saving the commands $100,000 in temporary duty funds and 100 man hours. Ms. Checkley was lauded as an Outstanding Performer by the USAFE Logistics Standardization and Evaluation Team and was key to an A-10 81.6 percent mission capable rate, USAFE's best. Throughout the year, she raised more than $6,000 for the Bitburg High School Booster Club for uniforms, scholarships and awards. She finished two courses toward her bachelor's degree in management with a 3.75 GPA.



Derek Williams

Derek Williams, 52nd EMS, is the Wing Senior-Level Civilian of the Year. The machinist is praised for saving $84,000 in frame replacement on an A-10 by accomplishing a depot-level hole transfer of an A-10 canopy pivot pin. His in-depth expertise drove the flawless repair of 24 flanges, completing the work 79 days early. He also saved 100 man hours by building a program for A-10 ballast plates. Mr. Williams fabricated a one-of-a-kind nose landing gear torque wrench and authored a computer program to enlarge 20mm gun diverters, saving the wing thousands of dollars. Mr. Williams led the 52nd EMS to the 2005 base volleyball championship and is the assistant coach for Bitburg youth soccer. He also tutors preschool children in arts and crafts for the Bitburg kindergarten program.

Also honored at the award ceremony were:

Capt. Dax Hayes, 81st Fighter Squadron, Instructor Pilot of the Year

Capt. Paul Willingham, 23rd Fighter Squadron, Flight Lead of the Year

Capt. David Wray, 22nd Fighter Squadron, Wingman of the Year

Airman 1st Class Joshua Vanderbeck, 52nd AMXS, Honor Guard Member of the Year

Senior Airman Christopher Brown, 52nd Component Maintenance Squadron, Volunteer of the Year

Angela Barber, 52nd Communications Squadron, Red Cross Volunteer of the Year

Lance P. Sijan awards

Lt. Col. Darren Hansen, 52nd Fighter Wing, senior officer

Capt. Jason McFeaters, 52nd AMXS, 81st Aircraft Maintenance Unit, junior officer

Senior Master Sgt. Dave McGuigan, 52nd AMXS, senior enlisted

Tech. Sgt. Michael Henderlong, 606th ACS, junior enlisted

Tuskegee Airmen visit Spang: share stories of overcoming discrimination, WWII combat

By Senior Airman Eydie Sakura
52nd Fighter Wing Public Affairs Office

Three members of the famed flying unit, the Tuskegee Airmen, visited Spangdahlem Air Base Feb. 21-24 as part of Black History Month.

Lt. Cols. (ret.) Lee Archer, Asa Herring and Bob Ashby, met with Airmen throughout the wing, learning about various jobs, and the mission of the 52nd Fighter Wing, as well as participated in a question and answer panel Feb. 24.

992 Tuskegee Airmen were originally recruited by the Army Air Corps as an experiment by the military to see if blacks had the intelligence to fly combat sorties and maintain aircraft during World War II.

To the surprise of many doubters, the Tuskegee Airmen flew more than 15,000 sorties and were the only unit not to lose an escorted bomber over enemy lines.

52nd FW Commander, Col. Dave Goldfein, said it was an opportunity of a lifetime to meet the Tuskegee Airmen.

"We all get wrapped up with the fires that are burning our ankles on a day-to-day basis, and it's great to be able to step back every once in a while and remember that we are part of a long and distinguished blue line," Colonel Goldfein said. "These Airmen have turned over the Air Force to us, and we are privileged to serve today. It is an incredible honor to have our heroes here with us."

Colonel Herring shared his thoughts on being considered a hero and expressed his gratitude to the hundreds of crew chiefs who were also part of the experiment.

Senior Airman Kristin Ruleau

Lt. Cols. (ret.) Bob Ashby, Asa Herring and Lee Archer, members of the famed flying unit, the Tuskegee Airmen, talk with Sabers during a panel discussion Feb. 24 at Club Eifel.

"The pilots get all the glory for being Tuskegee Airmen," he said. "People tend to forget that there were 10 people on the ground for every plane in the air -- making the mission possible and giving their support. These are the real heroes."

The three retired pilots shared war stories and discussed the importance of continuing to move forward in tackling discrimination, promoting diversity and achieving excellence.

"Today's Air Force was the Air Force I wanted to be in when I was a young man," said Colonel Archer. "I tell young people who are in the military to 'hang in there,' and that they're doing a good job. Whether you like or don't like what is going on, when your country is in trouble, you hold her hand. You're not just wasting time and going through your military career. Your work has a purpose."

Colonel Archer also said that tomorrow's Air Force is in the hands of the young Airmen who are presently serving their country.

"I feel that young people should do things with no expectations of getting something in return," he said. "What they're doing now will pay off later for themselves and their country."

Serving their country is something all three men said they were proud of; even as they fought their way through racism at home to fight for their country overseas.

During the panel forum, Colonel Archer said that as he looked around, he saw that blacks were well represented here at this time – a testimony to his years of struggle for an Air Force he always wanted to be a part of. This message struck a chord with a Team Eifel member whose father was also a WWII veteran.

"I've always been a history buff and aviation enthusiast," said Tech. Sgt. Patrick Connelly, 52nd Logistics Readiness Squadron fuels distribution supervisor. "Meeting the Tuskegee Airmen gave me such a positive attitude because of how positive they are about their experiences despite all they had to overcome."

Senior Airman Amaani Lyle

Top Saber Performer

Name: Tech. Sgt. Margie P. Quicanopalacios
Unit: 52nd Medical Support Squadron
Duty title: Laboratory operations NCOIC
Hometown: Lima, Peru; raised in California and New Jersey.
Years in service: 15 yrs, 2 months
Contributions to 52nd Fighter Wing mission success: Tech. Sgt. Quicanopalacios leads leads 12 members as they perform more than 50,000 tests annually. Her efforts ensure that providers have accurate results, which aid in the diagnosis and treatment of 52nd Medical Group patients.
Off-duty volunteerism and professional development pursuits: Sergeant Quicanopalacios is a Red Cross youth coordinator and devoted spring and winter bazaar volunteer. She's also a part-time University of Maryland student who is only 10 credit hours short for her bachelor's degree in management.
What do you do for fun? Travel, travel, travel. There is nothing more amazing than getting to know all the parts of the world.
What do you like most about being stationed here? Traveling and being exposed to different cultures.
What's one thing you'd like to see changed or improved at Spangdahlem Air Base? Hails and farewells — When I was stationed in Korea, all the chiefs would sponsor monthly Hail and Farewell events. Tickets were $10 each and we'd get steak, a baked potato and a salad. But most importantly, squadron members mingled and enjoyed an evening visiting with the chiefs and all their coworkers.

Saber connect

Airman 1st Class Josie Kemp

Airman 1st Class Jessica Piotrowski, 52nd Comptroller Squadron customer support technician, talks with Col. Dave Goldfein, 52nd Fighter Wing commander, about the daily challenges of working at the finance office's customer support desk. Airman Piotrowski shared insights about her job recently with Colonel Goldfein as part of the Commander's Mentorship Program here. A Wisconsin Rapids, Wis., native with one and one-half years of Air Force service under her belt, Airman Piotrowski cited her selection as the 52nd CPTS Airman of the Fourth Quarter 2005 and organization of care packages for deployed squadron troops as noteworthy accomplishments. The Airman is also an active member of the base's Adopt an Airman program.

Dress Right, Dress

The following uniform items were approved for wear as of Oct. 20, 2005, in accordance with AFI 36-2903: Hair pins and bands will match hair color, and long hair will be secured with no loose ends. Wearing "Scrunchies" as a hair accessory is prohibited.

Eifel Salutes

52nd Operations Group

An extra sharp 22nd Fighter Squadron salute to **Staff Sgt. Tish Almaguer** and **Senior Airman Tim Blaisdell** for their superb work in getting and keeping squadron funds flowing! The two add up to a powerful resource advisor team and every squadron member knows they can be counted on to go above and beyond.

52nd Maintenance Group

Tech. Sgt. David "No Task Too Tough" **Thompson** makes it easy for 52nd Aircraft Maintenance Squadron members to focus on the mission! The 52 AMXS Commander's Support Staff NCOIC personally ensured that nine 81st Aircraft Maintenance Unit airmen who were TDY during their date of return from overseas window were able to make their DEROS elections on time. Congrats to **Airman 1st Class Joseph Siegel** and **Staff Sgt. Ashley Glover** for going above and beyond and earning the 52nd Aerospace Ground Equipment Flight's Top Ranger award for January. Kudos to the entire Baltic Air Policing EMS Team that deployed to Zokniai Air Base, Siauliai, Republic of Lithuania, from September to January for Operation Constant Effort. Led by **Tech. Sgt. Dorman Vernado**, production supervisor, team members **Staff Sgt. George Carty**, munitions crew chief, **Senior Airmen Brenton Murphy, Terri Litten** and **William Radcliff**, munitions crew members, **Staff Sgt. Donald Penn**, sheet metal crew chief, and **Staff Sgt. Michael Sacolowski**, sheet metal crew member, pro-actively worked five projects upgrading maintenance facilities to satisfy munitions safety requirements and to live the ideal, "leave it better than you found it."

38th Munitions Maintenance Group

Staff Sgt. Melanie Deumeland is a proven 702nd Munitions Support Squadron non-appropriated funds financial and protocol operations expert! The Buechel Air Base, Germany, NCO masterfully balances the NAF books, while managing squadron special events and contributing to the protection of $500 million worth of U.S. weapons. Solid! The **702nd MUNSS Security Forces Squadron** locked down the 2005 U.S. Air Forces Outstanding Security Forces Unit award in the active-duty security forces geographically separated unit category.

Kisling NCO Academy grads

Congratulations to **Tech. Sgts. Brian Lavigne** and **Jacqueline Pennington**, 606th Air Control Squadron and 52nd Fighter Wing, respectively, for earning Kisling NCO Academy Distinguished Graduate awards. Sergeant Lavigne also scored the academy's Academic Achievement award!

Kudos to all; Team Eifel salutes you!

(Compiled by Staff Sgt. Jennifer Lindsey, 52nd Fighter Wing Public Affairs Office)

Courtesy photo

Top Saber Team

Unit name: 23rd Fighter Squadron Intelligence Section
Unit responsibilities: Section members study and instruct warfighters on foreign military and terrorist equipment and tactics with the goal of educating them about their adversary should the Airmen deploy for combat operations. 23rd FS Intelligence members tailor their instruction to the systems and tactics of the 23rd FS's F-16CJs.
Number of members: Four, from left to right, Airman 1st Class Kamron Wyant, Capt. Eric Danielsen, 1st Lt. Bethany Brown, Staff Sgt. Ashley Aronovitch
How does the team fit into the 52nd Fighter Wing mission? The four-person section interfaces the F-16CJ operations and intelligence communities. Its members coordinate with outside organizations, such as the 52nd Operations Support Squadron Intelligence Flight and stateside national agencies, to gather military threat and targeting information. They study foreign military equipment and capabilities, and brief aircrews on threat information, including locations, equipment, unit sizes, tactics, competence, intentions and how best to avoid, counter or neutralize threats during combat operations. While deployed, members typically assume additional communications and security duties.
Team's other contributions through the year? The section has been very busy preparing for its next AEF taskings. It "deployed" during each of the wing's spring and summer 2005 Phase 1 exercises and was awarded as an outstanding unit. It also garnered a 2005 USAFE ORI "Pat on the Back." The section also contributed to the deployment and regeneration of 23rd FS combat capabilities to Zaragosa, Spain; the NATO Air Meet in Norway; the Baltic Air Policing mission in Lithuania; Anatolian Eagle in Turkey, and acted as the lead squadron intelligence section during the wing's wintertime Phase 2 exercise. Section members are currently TDY to Nellis Air Force Base, Nev., for the Red Flag and Air Warrior exercises.

Gen. Tom Hobbins, commander U.S. Air Forces in Europe, center, talks to Maj. Everett Shaver, 52nd Fighter Wing Safety Office assistant chief of safety, about the proposed driver safety course here. Command Chief Master Sgt. Gary Coleman, USAFE command chief master sergeant and Col. Dave Goldfein, 52nd FW commander, listen in.

COMUSAFE, USAFE command chief visit

(Below) Chief Coleman listens to Staff Sgt. C.J. Matthews, 52nd Component Maintenance Squadron aerospace propulsion craftsman, Feb. 24 during his visit here.

Photos by Airman Emily Moore

Treaty compliance office helps ensure international arms control

By Michael Mazur
52nd Fighter Wing treaty compliance office

The treaty compliance office represents the 52nd Fighter Wing in the international arms control arena by ensuring interpretation and compliance with applicable treaties.

The office is a one-person regional office with a base alternate. Treaty oversight includes all permanent and temporary Air Force installations in central Europe.

There are several arms control treaties in effect and all are intended to foster a more stable environment in post-Cold War Europe. The Conventional Forces in Europe treaty most directly impacts Spangdahlem Air Base.

The treaty limits the number of personnel, tanks, artillery pieces, armored combat vehicles, combat aircraft and attack helicopters that signatories can have. The wing's F-16s and A-10s are accountable under the treaty. The U.S. can be inspected six times in this treaty year by the former Soviet Bloc countries. The treaty year begins March 16.

In addition, the Defense Threat Reduction Agency performs a mock inspection at Spangdahlem AB annually. In July, the Bulgarian inspection team will conduct a mock bilateral inspection.

The Open Skies Treaty was signed in Helsinki, Finland, March 24, 1992. The treaty establishes a regime of observation flights to verify member countries' compliance with other arms control treaties, which in turn fosters trust and confidence. Unarmed observation aircraft, equipped with still and video cameras, infrared devices and side-looking radar are used for this mission.

The Chemical Weapons Convention prohibits the development, production, stockpiling and use of chemical weapons. The treaty came into force April 29, 1997, and is the most detailed arms control treaty to date.

These are just a few examples of the arms control treaties whic directly impact our wing's mission.

Professionalism with a sense of openness are the watch-words for any treaty inspection and the daily operating practice of the regional treaty office.

For more information, call the Treaty Compliance Office at 452-7415.

Sabers log 2 DUIs, crashes during week

By David A. Barker
52nd Security Forces Squadron

Team Eifel received two DUIs this past weekend.

There were two major crashes and five minor wrecks this week, all without reported injuries.

A 52nd Aircraft Maintenance Squadron senior airman was caught for the first DUI of the weekend when Polizei stopped him at a check point in Binsfeld. The driver's blood alcohol level was 0.13.

A 52nd Dental Squadron spouse received a DUI with a blood-alcohol level of 0.118. Polizei stopped him for speeding and driving recklessly on the B-50.

The first major crash occurred on Spangdahlem AB. The driver was traveling too fast to control his vehicle and crashed into a cement block.

The other major crash occurred at the traffic circle adjacent to the main gate when a driver went into a ditch.

Team Eifel members were involved in five minor collisions: four from inattentive driving, and one from other at fault.

Driving tips

To avoid a DUI, Sabers should have a plan. The simplest suggestion is to designate a non-drinking driver before heading out to a party. If the designated driver leaves the party early or starts drinking, call another non-drinking friend who can drive; call a taxi, call a wingman; call a supervisor; call Airmen Against Drunk Driving; call security forces; or "sleep it off" in a nearby hotel and don't drive home until completely sober.

XP offers information on upcoming exercises

By Tech. Sgt. Angela Gagliano
52nd Fighter Wing Inspections Office

In preparation for the upcoming two-week exercise, the 52nd Fighter Wing Inspections staff took a moment to field some frequently-asked questions.

Q: A two-week exercise?! Will Sabers be working through the weekend?

A: That will be up to the unit leadership. The deployment portion of the exercise is scheduled for Tuesday through Thursday. At that point, there will be a pause in the exercise. On the morning of March 13, the exercise will resume and Spangdahlem will be in the employment portion of the exercise.

Q: Deployment, employment? What's the difference?

A: During the deployment portion, Sabers will pack up and get out of town. During the employment phase, Sabers will wake up and will magically "be" in Bagram, Afghanistan, with Spangdahlem AB assets. People need to use their imagination, but hopefully, the created environment will provide Sabers training that would be used in an actual downrange scenario, complete with mortar and sniper attacks.

Q: What about members who are testing?

A: If a member is testing, they are non-players and should have their rip with them identifying them as so. Exercise exempt people must have an exemption letter from their group commander or permanent change of station orders on their person.

Q: Is the uniform of the day DCUs or BDUs?

A: UOTD is battle dress uniform, as it's still a bit cool for desert camouflage uniforms.

Q: Will the 52nd FW have wing training?

A: The 52nd Security Forces Squadron will conduct the Phase 1 Expeditionary Combat Skill course Tuesday and Wednesday. The target audience is the upcoming air and space expeditionary force cycle. People scheduled for ECS should wear old BDUs.

The 52nd Medical Group Saber Medics will conduct the Phase 2 Saber Self Aid and Buddy Care class March 16. Both ECS and SABC have received a positive response and will offer new skills.

Q: What about MOPP gear?

A: Sabers will start the exercise in no MOPP, or everyday uniform here; if the scenario situation changes, the wing will react accordingly.

Q: Will there be chemical play?

A: "Chem" play remains a skill that requires continued training, as there is still potential for that threat to occur somewhere in the world.

Q: Where can Sabers go to get more information or guidance on the exercise?

A: For more rules of engagement information, Sabers can go to Plans, Programs, and Inspections on the 52nd Fighter Wing Intranet. The Exercise Battle Staff Directives provide additional information. For more information, call Sergeant Gagliano at 452-6280.

Student bookworms earn spots on SMS Reading Wall of Fame

By Diana Malmgren
Spangdahlem Middle School

The heat is on since 16 of Spangdahlem Middle School's most avid readers have been hitting the books, vying for the school's coveted Reading Counts Wall of Fame prize -- a library pizza party.

Reading Counts is a computer-based reading program designed to motivate students to read. To earn RC points, students read a selection of books and then take a ten-question test about the book. With seven or more questions correct, students earn points for their RC score. Students who don't pass the test may review the book and test again up to a total of three tries.

Program books are coded at different reading levels to help students choose publications they will understand and enjoy. The books are worth different points, according to length and reading-level difficulty. SMS currently has more than 4,000 Reading Counts books from which students may choose.

Students who have already earned wall space include **Timothy Kokotaljo**, **Victoria Encalada** and **Taylor Trottier** of the fifth grade; **Colin Helfenstein**, **Amanda Long**, **Michael Gordon**, **Vanessa Benefield**, **Brianna Hutson**, **Britanny Reynolds**, **Melissa Menschel**, **Selina Bitting** and **David Williams** of the sixth grade; **Jeffrey Heath** and **Kyle Lapioli** of the seventh grade; and **Seth Beall** and **Julia Moritz** of the eighth grade. Fifth and sixth grade students must pass enough tests to earn 200 points, and seventh and eighth grade students must earn 250 points to merit a place.

Other SMS students who want a place on the Wall have until May to earn points. At the end of the year, Wall of Fame students will celebrate their accomplishments with a pizza party in the most appropriate setting -- the library. Each student also wins a free book.

Senior Airman Amaani Lyle

(From back row) Spangdahlem Middle School students Melissa Menschel, Amanda Long, Brianna Hutson and David Williams bury their noses in books next to the SMS Reading Counts Wall of Fame Tuesday.

Eifel Times

www.spangdahlem.af.mil

Spangdahlem Air Base, Germany

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Editorial content is edited, prepared, and provided by the 52nd Fighter Wing Public Affairs Office staff. All photographs are U.S. Air Force photographs unless otherwise indicated.

Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command.

Direct Lines of general interest will be published in the *Eifel Times* and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:

- DirectLine@spangdahlem.af.mil
- Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126
- To PA in building 23.
- Concerns may also be sent via fax to 452-5254.

Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.

Col. Dave Goldfein

February Sortie Scoreboard

Aircraft	Goal	Flown	Delta
22FS	325	234	- 91
23FS	374	367	- 7
81FS	225	240	+ 15

*Delta is contract vs. sorties flown to date.

Through Feb. 28

Courtesy of the 52nd Operations Support Squadron Plans and Scheduling Section

Peer-to-peer

Make it clear: Don't drink and drive

By Lt. Col. Jeffrey B. Kromer
52nd Communications Squadron commander

Ring ring …"Sir, I just got a call from the law enforcement desk. We had a drinking under the influence incident reported."

Every squadron commander cringes upon hearing these words from their first sergeant.

"Was anyone hurt?" is the commander's first question.

"No," he repeats the shirt's reply out loud to ally his own first fears. At worst, he was imagining the ultimate heartbreak of any commander; a death of a unit member or others at the hands of a drunk driver. At best, a valued member of his unit would now be facing certain demotion, reprimand, heavy fines and a questionable future in the Air Force.

He gets the circumstances from his weary first sergeant, "… lone NCO, caught by DUI checkpoint between some frequented bars and the base, blew a 0.11 on the alcohol breathalyzer test."

"Incredible!" the commander muses as he launches into a mental recap of his Friday afternoon safety message. "Didn't I tell everyone to have a plan before they go out? Doesn't everyone carry the convenient card we gave them that details telephone numbers for Alternate Drive, Airmen Against Drunk Driving, first sergeants, local taxis and my own personal cell phone? Didn't they remember the new toll-free number to the command post? Don't they have a wingman?"

The answer comes back with a disheartening, "Yes, but …"

> **Let's raise the awareness level in our daily speak. You've heard it from your chain of command enough, now talk it up with your wingman, Airman to Airman, NCO to NCO, officer to officer and civilian to civilian.**

The violator's excuses are equally disheartening.

"I didn't think I had that much to drink."

"I thought I waited long enough after my last drink to sober up before the drive home."

"I was the designated driver and I had originally planned not to drink, but then I did."

Last week I was discussing our wing's flurry of DUIs with some fellow commanders over lunch. We were trying to solve the riddle of why people continue to drink and drive. One of us was an absolute non-drinker, the other two of us are drinkers, but follow the career-preserving rule of "one drink—don't drive."

It was a lively discussion. DUI causal theories ranged from poor planning, to there are a lot more drunk drivers out there than get caught, to we need a zero-tolerance policy to make a real difference. At the end of lunch, we were no closer to the answer than when we began trying to solve the problem.

I'll share my thoughts though. Alcohol is a drug that alters rational thought. Waiting until after the first drink is too late to have a plan.

Alcohol affects everybody differently, but all badly when used to excess. No one can really tell you how much is excessive drinking for you. "Saber 0-1-3" is a guideline, but not a defense.

My mantra in the 52nd Communications Squadron is this, "Personal responsibility — supervisor accountability."

Three squadron commanders sitting around at lunch talking about the issue all came away with more ideas than when we started, and maybe that's what this base needs.

How about we up the level of dialog, peer to peer? Let's raise the awareness level in our daily speak. You've heard it from your chain of command enough, now talk it up with your wingman, Airman to Airman, NCO to NCO, officer to officer and civilian to civilian.

Talk about it at the coffee bar, in the work place, during physical training, while watching television in the dorms or over dinner. Develop your own philosophy on responsible alcohol use and bounce it off of others.

You may have the perfect sight picture on how to drink responsibly, or you may find out your thinking is flawed. Heaven knows waiting until you've had the first drink to find out one way or the other can be a career too late!

Commander's Direct Line

Credit card receipts

Comment: I was recently at the post office to mail packages and I paid for the delivery charges with a credit card. I put the receipt in my pocket. I later noticed that my entire account number and expiration date was on the receipt. I asked around and my coworkers said that Taco Bell and the Eifel Lanes Bowling Center machines do the same thing. I called the Spangdahlem AB Post Office to inform them about this and they were unaware of the issue. They said they would fix it immediately. I'm wondering how many other base facilities have this same issue. I'm not in any way complaining. I just thought there were laws or regulations prohibiting this. I would not want someone to accidentally throw away or drop a receipt and have their identity stolen or have their credit damaged. Is there any way to get the word out about this to avoid something potentially devastating?

Reply: Thank you for giving me the opportunity to address your concern. The problem of full credit card numbers on receipts is an issue at all 52nd Services Squadron activities, except at the clubs throughout U.S. Air Forces in Europe because as their registers already have the shortened credit card number software/hardware. As part of an Air Force-wide Transformation initiative, updated credit card software/hardware that doesn't print full credit card numbers is coming soon to all Services activities. Headquarters USAFE Services staff is currently working the issue and getting quotes from vendors. Once we get approval for the new software/hardware, 52nd SVS will purchase and install it at all Services activities.

The post office has updated its credit/debit systems to print a Postal Copy with carbon that contains full account numbers and a customer copy that hides all account numbers except for the last four. The clerks will keep both the original and carbon copy until the end of the business day. After verification of the credit/debit business for the day, carbon copies will be shredded and originals retained for financial records. Both Spangdahlem AB and Bitburg Annex Post Offices have been briefed and are in compliance with these procedures. Additionally, our post office experts have developed an update to the training guide to incorporate these procedures and are working with two Air Postal Squadrons to update the current training guide for all of USAFE.

Finally, we will ensure everyone is aware of the measures they can take to avoid credit card fraud by publicizing them in the base bulletin and the Eifel Times. Thanks again for bringing it this to my attention.

-- Col. Dave Goldfein
52nd Fighter Wing commander

Culture Corner

WASPs led way for today's female U.S. Air Force pilots

Lt. Gen. Leslie F. Kenne, the first female graduate of the flight test engineering course, U.S. Air Force Test Pilot School, Edwards Air Force Base, Calif.

As early as 1930, the War Department had considered using female pilots, but nothing was done until after American entry into World War II. Facing the need for male combat pilots, the situation by mid-1943 favored the use of experienced female pilots to fly Army Air aircraft within the United States. Two women's aviator units were formed to ease this need, and more than 1,000 women participated in these programs as civilians attached to the AAF. These were merged into a single group, the Women Airforce Service Pilots, in August 1943 and broke ground for today's U.S. Air Force female pilots.

(Photos and text courtesy National Museum of the U.S. Air Force at ww.wpafb.af.mil/museum/history/history.htm.)

Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.

American Red Cross

Call the ARC office, located in Bitburg Annex building 2001, at 452-9440 for more information.

• The local branch of the American Red Cross will give out free cake, gifts and information today from noon to 6 p.m. at the Spangdahlem AB BXtra in honor of ARC month.

• Community first aid and safety class takes place March 11 from 8 a.m. to 5 p.m. at the ARC office. Cost is $25 per student. Participants need to register at the office and pay in advance.

• Volunteer appreciation luncheon takes place March 23 from 11:30 a.m. to 1:30 p.m. in the Club Eifel Fireside Lounge. The luncheon is free to all ARC registered volunteers. Call to reserve seats.

Arts and crafts classes

Register for the following classes at the Craft Store, located in the Spangdahlem AB Community Center, or call 452-4141 for more information.

• Basic auto care, Wednesday from 5-6:30 p.m. at the Auto Skills Center, located in Spangdahlem AB building 189. Cost is $25.

• Beginner framing, March 11 from 9 a.m. to noon at the Frame Shop, located in Spangdahlem AB building 189. Cost is $25.

• Scrapbooking, March 14 from 9 a.m. to noon in building 189. The cost of $15 includes supplies.

• Scrapbooking, March 15 from 6-9 p.m. in building 189. The cost of $15 includes supplies.

• Advanced mat cutting for framing, March 18 from 9 a.m. to noon in building 189. The cost of $15 includes materials. Register by March 11.

• Card making, March 21 from 6-9 p.m. in building 189. The cost of $15 includes supplies.

• Cake decorating, March 22 from 6-9 p.m. in building 189. The cost of $30 includes decorating supplies. Participants should bring a baked round cake.

Brick House events

• Country night with DJ Grant tonight from 9 p.m. to 1 a.m.

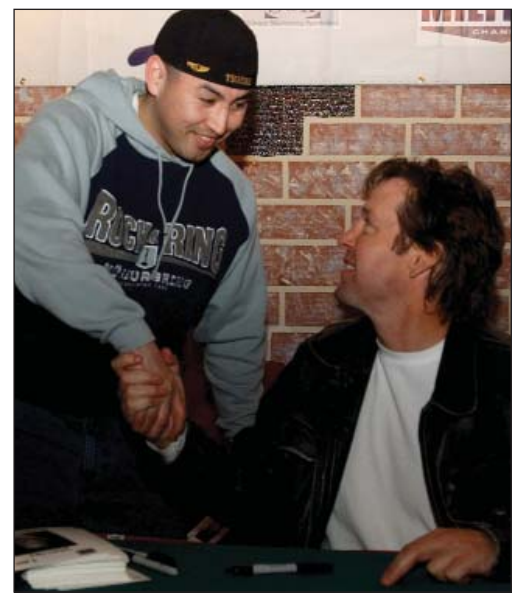
• The base-level USAFE Idol talent contest takes place Saturday at 7 p.m. Winners move up to compete in the U.S. Air Forces in Europe contest April 22.

• The Chad Carter Band performs rock and alternative March 11 from 9 p.m. to 1 a.m.

Director's chair

Staff Sgt. Gianpierre Salazar, 606th Air Control Squadron heating and ventilation repair technician, shakes hands with Actor D.B. Sweeney in the Brick House at Spangdahlem Air Base Feb. 27. Mr. Sweeney talked with Airmen and family members before giving them a free showing of his new movie, "Dirt Nap," his directorial debut. The actor screened the yet-to-be-released movie, discussed it afterward and signed autographs and took pictures with the fans.

1st Lt. Shannon Collins



Spring crafts

Saber families can decorate a flower pot for free Wednesday from 10 a.m. to 1 p.m. in the Bitburg Annex Community Center, building 2012.

Ladies crud tournament

A ladies crud tournament in the Club Eifel officer's lounge takes place Friday. People wanting to form a team should call Sharon Wright at 06565-933599 or e-mail her at wrightshar@aol.com.

Patient safety awareness

National Patient Safety Awareness Week is Sunday through March 11. Learn more about becoming involved in personal healthcare decisions by visiting the 52nd Medical Group information table today at the Bitburg Annex hospital. For more information, call Karen Williams at 452-3123.

Volunteer recognition

Nominations for the 52nd Fighter Wing Volunteer Recognition Award are due to the Family Support Center by March 13. Any member of the Team Eifel community who is registered with the Wing Volunteer Resource Program is eligible to compete. E-mail tammy.kunz@spangdahlem.af.mil or call 452-6422 for details.

Obedience classes

Obedience classes for dogs take place March 14 from 6-7 p.m., and puppy kindergarten takes place from 7:30-8:30 p.m. at the Pet Spa in Oberweis. Cost is $60 for dogs and $30 for puppies. Call Melissa Edgell at 452-9362 for more details.

SMS notes

• Spangdahlem Middle School Terra Nova standardized testing takes place March 13-16 from 8-11:15 a.m.

• Principal's Chat takes place March 15 from 9-10 a.m. at the base golf course. Parents are encouraged to attend.

SSEMC Poland trip

The Spangdahlem Spouses and Enlisted Members Club-sponsored express Polish pottery shopping trip takes place March 17-19. Call Kristy Turner at 06561-946227 or e-mail trips@ssemc.org for more information.

Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

Movies

The following movie listings are for today through March 9. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441.

Spangdahlem Skyline

Today

Rumor Has It (PG-13, 7 p.m.)

Jennifer Aniston plays a woman who learns that her family was the inspiration for the book and film "The Graduate."

Underworld: Evolution (R, 9:30 p.m.)

A war emerges between the aristocratic Death Dealers and the barbaric Lycans.

Saturday

Cheaper by the Dozen 2 (PG, 7 p.m.)

Tom and wife Kate take their 12 children to rustic Lake Winnetka for vacation, but their retreat soon becomes cut-throat when they enter into a competition with a large family headed by Tom's long-time rival, Jimmy Muraugh.

Underworld: Evolution (9:30 p.m.)

Sunday

Cheaper by the Dozen 2 (4 p.m.)

King Kong (PG-13, 7 p.m.)

An overly ambitious movie producer coerces his cast and hired ship crew to travel to mysterious Skull Island, where they encounter Kong, a giant ape.

Monday

Rumor Has It (7 p.m.)

Tuesday

Underworld: Evolution (7 p.m.)

Closed Wednesday and Thursday

Bitburg Castle

Today

Glory Road (PG, 7 p.m.)

The true story of the underdog Texas Western basketball team with history's first all African-American starting line-up of players who won the 1966 NCAA tournament title.

The Family Stone (PG-13, 9:30 p.m.)

The Stones, a New England family, meet the eldest son's high-powered, controlling New York girlfriend and greet her with a mix of awkwardness, confusion and hostility.

Saturday

The Chronicles of Narnia: The Lion, the Witch and the Wardrobe (PG, 7 p.m.)

Four children separated from their parents in London during the German air raids of World War II discover a magical wardrobe that transports them to the mystical world of Narnia.

The Family Stone (9:30 p.m.)

Sunday

Glory Road (4 p.m.)

The Chronicles of Narnia: The Lion, the Witch and the Wardrobe (7 p.m.)

Closed Monday and Tuesday

Wednesday

The Chronicles of Narnia: The Lion, the Witch and the Wardrobe (7 p.m.)

Thursday

Glory Road (7 p.m.)

'Tube-ular!'

London offers culture, shopping without losing too many 'pounds'

Story and photo by 1st Lt. Shannon Collins
52nd Fighter Wing Public Affairs Office

Jump on a double-decker and enjoy the many sights and sounds of London.

With around 238 free attractions, 143 parks and gardens and around 200 museums, London has something to offer every type of traveler. From the macabre to history, from culture to shopping and nightlife, London answers to the tourist call.

Useful tips

To catch the major sights in a limited amount of time, ride the London Eye, the world's highest observation wheel, and see more than 55 of London's most famous landmarks in 30 minutes. Another useful tool is the London Pass. It costs about 15 pounds per day for a six-day pass, with varied pass packages available. For a small fee, it allows free entrance into more than 60 attractions and exhibitions, as well as discounts in theaters, shops and restaurants. If double-deckers don't measure up and the night buses can get a little crowded -- step onto the London Underground, London's subway system. If going to multiple tourist attractions, the one-day pass is the best bet. Many children and adults enjoy stopping at the King's Cross station, where they can take their picture by Platform nine and three quarters, made popular by the Harry Potter series.

Macabre

For those who enjoy the macabre, an educational tour through the London Dungeon or a nightly stroll with the Jack the Ripper tour may be up their alley.

Throughout the tours, people can learn about how the Europe-wide bubonic plague, know as the Black Death, wiped out half of the capital's population in two years. They can also hear about the Great Fire, when 80 percent of the city was destroyed and more than 100,000 people were left homeless in 1666.

During the Tower of London tour, see the Scaffold Site where Henry the VIII had his wives beheaded, or see Traitor's Gate, where many famous prisoners entered the Tower of London for the last time. After a tour of the Tower of London, visit Tower Hill, where many rebels lost their heads.

History, culture

For history, visit the Tower of London to see the world-famous British Crown Jewels, dated to the beginning of the 14th century. Also see suits of armor from throughout the ages. See the changing of the guard at Buckingham Palace or stroll over the London Bridge to see Big Ben and Westminster Abbey.

For culture, see one of the greatest collections of European painting at the National Gallery; see sculptures from the Parthenon at the British Museum; see works from Matisse and Picasso at the Tate Modern; or see a collection of the biggest, tallest and rarest animals in the world at the Natural History Museum. At the Science Museum, people can touch, see and experience the major scientific advances of the last 300 years. Mingle with the likes of David Beckham, Jerry Springer, Brad Pitt and many more in the waxwork world of Madame Tussaud's/The Planetarium.

When taking the London Underground, the capital's subway system, be sure to "Mind the Gap." The Underground, affectionately known as "the Tube" is one of the fastest ways to get around to the major sites.

If the theater is the ticket, visit the West End, where top shows with top stars are in production. To see which plays are top bill, visit www.londonwestendtheatretickets.com or www.londontheatre.co.uk.

Shopping, nightlife

London has more than 40,000 shops and some 80 individual markets, including Walthamstow Market, Europe's longest daily street market. The capital is home to ten Farmer Markets. Watch people peddle their wares on Portobello Road or trade up to the East End. The capital boasts more than 5,000 pubs and bars. It has at least three sports bars, 17 theme pubs, 40 DJ bars, 23 wine bars, seven cocktail bars, 23 traditional pubs and 233 nightclubs.

Information, Travel and Tours offers a Payless trip to London March 11 for $99 per person. Call 452-6567 for more information.

For more information on what London has to offer, visit www.visitlondon.com, the official city guide. For German nationals, there are many tours available auf Deutsch. Visit londontoursaufdeutsch.com for details.

Out and About

For tickets, call the TV-Ticket-Hotline at 0651-7199-996 or visit the Bitburg TV office, located on Hauptstrasse 39a, unless specified otherwise. Events are subject to change. To check event schedules, call the ticket hotline or the tourist office of the town in which the event takes place. Call the German telephone information office at 11833 for tourist office telephone numbers.

- Listen to jazz tunes by the Greentown Jazzband **March 11** at the Daun Forum.
- Listen to the Symphonic Horn Blowing Orchestra of Bitburg-Pruem, **March 12** at 5 p.m. at the Bitburg Edith-Stein Hauptschule high school. This award-winning orchestra consists of 85 musicians. For tickets contact the Bitburg Cultural Society at 06561-6001-220 or 225. Tickets are 7 euro for adults and 4 euro for students and children.
- Bitburg's annual Beda market is scheduled for **March 17-19**.
- See basketball highlights by The Harlem Globetrotters, **March 22** at the Trier Arena.
- See the Magic Of Ireland dance show **March 24** at the Morbach Baldenau hall.
- The Chinese National Circus takes place **March 24** at the Trier Arena.
- Rock am Ring is scheduled for **June 2** at the Nuerburgring race track.
- Thomas Schwab & Band will be on stage **April 8** at 8 p.m. at the Bitburg Beda Haus cultural center and April 29 at the Wittlich synagogue. Tickets are 24 euro. For details, call the ticket hotline at 06534-9499 894.
- See David Copperfield on stage **Oct. 5** at the Trier Arena. This show may be sold out quickly because it is an area highlight event.
- Reserve your ticket now to the "Falco Meets Amadeus" musical show, **April 25** in the Trier arena. For more information or for tickets, call 0651-7199-996 or go to www.intrinet.de/tickets.

Sports Briefs

"Hard Spike" volleyball tournament

The men's and women's invitational "Hard Spike" volleyball tournament takes place March 18-19 at the U.S. Army Garrison at Heidelberg. The tournament format is a round-robin event with the best two out of three games advancing to the final round. The cost is $100 per team and the deadline to enter is March 10. Trophies will be awarded. For details, call Victor Arthur at 632-8027 or e-mail him at victor.arthur@26asg.heidelberg.army.mil.

Summer basketball

Sign up now to be part of the live draft for summer basketball April 12. The 40-game, eight-team schedule also includes a playoff series. The cost is $50 per player for the season and each player receives a team jersey with their name on the back. The last day to sign up is April 11. The season begins May 15 and ends Aug. 30. For details, e-mail Ed Marshall at edward.marshall@spangdahlem.af.mil.

Women's soccer team

The Spangdahlem AB women's soccer team practices each Sunday from 11 a.m. to 1 p.m. at the Skelton Memorial Fitness Center. The team is open to all active-duty members and dependents who are at least 18 years old and not in high school. Local nationals are invited to play. To be a part of the team, e-mail Ross White at elross425@googlemail.com or Steven Haro at steven.haro@spangdahlem.af.mil.

Air HQ Ramstein volleyball tournament

The 2006 CC-Air HQ Ramstein volleyball championships take place March 21-24 in Amsterdam, Netherlands. The tournament is open to all active-duty members assigned to USAFE or on temporary duty to a USAFE installation for 30 or more consecutive days. Players wishing to submit an application must complete the AF Form 303, Request for Specialized Sports Training, and forward to the USAFE Sports Office no later than today. For details, call Tech. Sgt. Patrick Bennett at 496-7934 or e-mail him at patrick.bennett@sembach.af.mil.

Powerlifting team

Team Eifel members interested in joining the base powerlifting team can e-mail Troy Saunders at troy.saunders@spangdahlem.af.mil for details.

Youth soccer camp

The Bitburg Barons soccer team is holding a soccer camp for children ages 4-13 March 11 at the high school's soccer field. The team will be teaching 4 year olds from 9-11 a.m. and 5-13 year olds from 9:30 a.m. to 2 p.m. People are encouraged to dress according to weather conditions, and if it is raining, running shoes are needed as soccer will be played indoors. Children can either bring a snack lunch or bring money for the concession stand. For details, call Sharon Krol at 452-9202.

Softball tournament

Camp Darby's Fifth Annual Memorial Day Men's and Women's Softball tournament takes place May 27-28 at Camp Darby, Italy. The cost is $175 for a 15-person team. All participants will receive a T-shirt and team trophies for first through third place. The deadline to sign up is May 19. For details, call Jimmy Roddy or Kendra Sexton at 633-7440.

Ultrabodies VII competition

The Ultrabodies VII bodybuilding competition takes place at Royal Air Force Mildenhall, England, June 24. The competition has a new category called female fitness and physique. For more information or to sign up, call the RAF Mildenhall Fitness and Sports Center at 238-3735 or 238-2349.

National Nutrition Month begins, HAWC staff offers tips, classes

By 1st Lt. Shannon Collins
52nd Fighter Wing Public Affairs Office

If the winter weather kicks in hibernation mode and the lack of will to work out, then learn to at least eat healthy food during March's National Nutrition Month.

Throughout the month, Spangdahlem Air Base's Health and Wellness Center offers a variety of classes to help people stay healthy and have less fat to burn off later.

"Step up to nutrition and step off to a new start with our various programs offered throughout the month," said Staff Sgt. Ernesto Otero, 52nd Aerospace Medicine Squadron HAWC nutrition technician. "Exercise is just one component of a healthy lifestyle. Managing your food not only impacts your performance physically, but it also affects you mentally."

National Nutrition Month, sponsored by the American Dietetic Association, focuses on the importance of making informed food choices and developing sound eating habits.

The U.S. Department of Health and Human Services states that the best way to give a body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day.

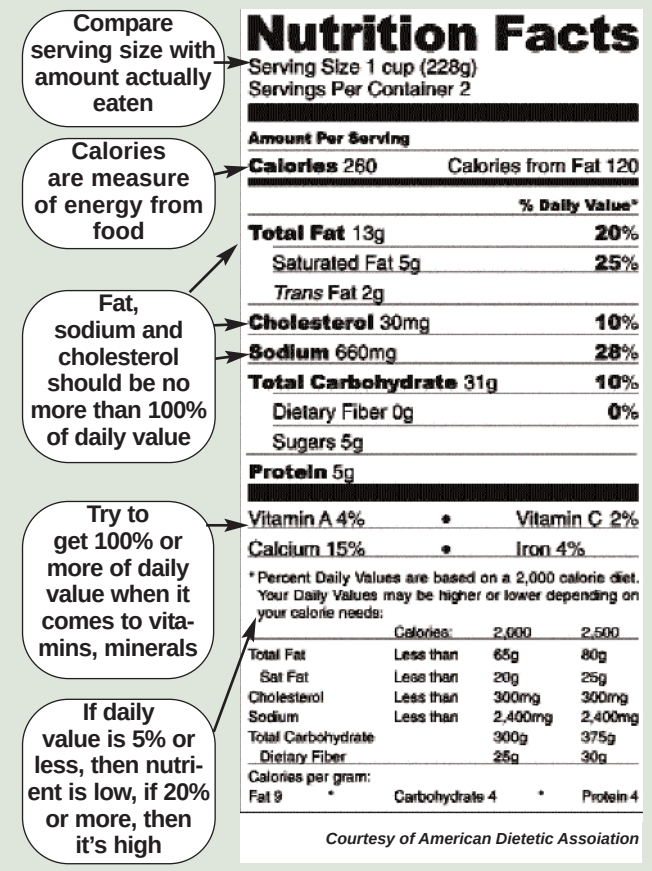
A healthy eating plan is one that emphasizes fruits, vegetables, whole grains, lean meats and more; and is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Call 452-4295 or visit www.eatright.org for details.

Classes (at the HAWC):

• Nutrition and Fitness	9 a.m.	Today
• Fad diets	10 a.m.	March 21
• Nutrition and Fitness	1 p.m.	March 21
• Eating on the Run	9 a.m.	March 22
• Cooking Demonstration	11 a.m.	March 22, 31
• Weight gain, weight creep	11 a.m.	March 23
• Eating on the Run	1 p.m.	March 27
• Fad diets	2 p.m.	March 29

Label Lingo



Courtesy of American Dietetic Assoiation

Learn how to read labels during the Health and Wellness Center's commissary tour from 11 a.m. to noon today or from 11:30 a.m. to 12:30 p.m. March 21, or visit www.eatright.org for more information.

Scoreboard

The following is a list of scores from the week ending Feb. 28 courtesy of the 52nd Services Squadron.

Intramural volleyball
Best of three games
Feb. 21

52 CES Firedawgs	2	52 MSS	1
726 AMS (wins by foreit)		52 SFS	
52 CES Boggs	2	52 OSS	0

Feb. 22

52 MDG	2	52 EMS	0
702 MUNNS	2	Zelek Killshot	0
52 LRS	2	Kelley Melin Crosscourt	0

Feb. 23

52 LRS	2	52 MDG	1
52 CES Firedawgs	2	Zelek Killshot	0
52 EMS	2	52 OSS	0

Feb. 28

52 CES Firedawgs	2	52 SFS	0
52 MSS	2	Kelley Melin Crosscourt	0
726 AMS	2	Zelek Killshot	0

Games are held Tuesdays, Wednesdays and Thursdays beginning at 6 p.m. at the fitness center.

Intramural soccer
Feb. 28

52 SVS	7	52 CES A	6
52 OSS (wins by forfeit)		52 CES B	

Games are held Mondays beginning at 6 p.m. at the fitness center.

Congratulations to the Bitburg High School wrestling team who placed third at the 2006 Division II championships Feb. 18. The team consisted of **Jerry Archuleta** at 103 pounds, **Anthonly Messina** at 130 pounds, **Jamie Watts** at 152 pounds and **Daniel Renaud** at 160 pounds. Archuleta finished second, while both Messina and Watts finished third in their weight categories.

Check out the March 10 *Eifel Times* to see how the BHS girls' varsity basketball team and cheerleading squad faired at their Division II championships!

Health and Wellness Center
important numbers and information

- Tobacco Cessation coordinator, 452-9355
- Exercise Physiology, 452-6995
- Nutritionist, 452-9355
- Fitness Center, 452-6496
- 52nd MDG appointment line, 452-8333
- Commercial line, 06565-61xxxx